What is claimed is:

- 1. A container capable of keeping a lengthwise contracted state in which a container body comprises:
 - a top tap;
 - a small width in a height direction at a bottom; and
- a horizontal bellows formed on the whole or part in a longitudinal direction of the container body, except the top tap, and the width in the height direction,

wherein when the bellows of said container is pressed longitudinally from both sides thereof toward a center,

saidbellows is collapsed to overlap, a connection between the top tap and the container body is bent to place the tap in the overlapping bellows, and

the width in the height direction at the bottom of the container body is placed in the bent and overlapping bellows, and this state is kept.

- 2. A contraction method of a container capable of keeping a lengthwise contracted state in which a container body comprises:
 - a top tap;
 - a small width in a height direction at a bottom; and
- a horizontal bellows formed on the whole or part in a longitudinal direction of the container body, except the top tap, and the width in the height direction,

wherein when the bellows of said container is pressed longitudinally from both sides thereof toward a center,

saidbellows is collapsed to overlap, a connection between the top tap and the container body is bent to place the tap in the overlapping bellows, and

the width in the height direction at the bottom of the container body is placed in the bent and overlapping bellows, and this state is kept.

- 3. A container capable of keeping a lengthwise contracted state in which a container body comprises:
 - a top tap;
 - a small width in a height direction at a bottom;
 - a flat portion in a middle portion; and
- a horizontal bellows formed on the whole or part in a longitudinal direction of the container body, except the tap, the width in the height direction, and the flat portion,

wherein when the bellows of said container is pressed longitudinally from both sides thereof toward a center,

saidbellows is collapsed to overlap, a connection between the top tap and the container body is bent to place the tap in the overlapping bellows and/or the flat portion, and

the width in the height direction at the bottom of the container body is placed in the bent and overlapping bellows and/or the flat portion, and this state is kept.

- 4. A container capable of keeping a lengthwise contracted state in which a container body comprises:
 - a top tap;

a small width in a height direction at a bottom; and a horizontal bellows formed on the whole or part in a longitudinal direction of the container body, except the top tap, and the width in the height direction,

wherein when the bellows of said container is pressed longitudinally from both sides thereof toward a center,

saidbellows is collapsed to overlap, a connection between the top tap and the container body is bent to placed the tap in the overlapping bellows, and

the width in the height direction at the bottom of the container body is placed in the bent and overlapping bellows, and this state is kept, and

a contraction method thereof.